

From the Board

We wish you and all of us a good, successful and enjoyable new year 2017!
First, we would like to continue the presentation of our new board members:

Alin Cotiga PhD, 2nd Vice President



Dear members of ISPPM e.V.,

I would like to thank you for your trust and support and I would like to introduce myself:

I was born in 1978 in Romania, and I am the father of a wonderful little girl. After graduating psychology from University of Bucharest (2002) I started to work as a Clinical Psychologist in an interdisciplinary team at the General Directorate for Social Assistance and Child Protection Vn, offering family support in developing a wide

range of activities and programs throughout the community. In this position I experienced working with children with a long history of neglect, abandonment, and abuse. After finishing a master program in psychotherapy (2004), I had a long training in humanistic-experiential approach where I first came in contact with the mother-infant psychological issues. Being fascinated by the new discoveries in developmental psychology in 2006 I started a doctoral program at the University of Bucharest with a dissertation about "The relationship between maternal emotional availability, birth complication and emotional development of the infant". The research focused on investigating the relationship between maternal antenatal attachment, medical factors related to birth and later emotional availability of the mother for her infant, in an attempt to examine a long-disputed hypothesis which asserts that prenatal attachment is predictor for later child emotional development. Going further in this "trip" of mother-infant relationship I had the opportunity to work in a Postdoctoral program at the University of Bucharest which focused on the prenatal roots of attachment, becoming a Postdoctoral Teaching Fellow at the Darmstadt University of Applied Sciences and Guest Lecturer the next year, promoting the new discipline of the pre- and perinatal psychology.

In 2011 I attended an ISPPM Conference for the first time and I presented my early results of my postdoctoral research. Here I had the opportunity to know Mrs. Johanna Schacht who introduced me to the ISPPM community.

I have a long list of publication in the field as author and co-author, and I published two books in the field of pre- and perinatal psychology.

I would like to use my experience within this new team to continue the work that has been done by the old team in order to promote the values and principles of ISPPM e. V. and to come with new ideas and strategies in order to extend the ISPPM e. V. in the East-European countries and also to become more visible in the academic area.

From this position I would like to:

- Create new networking with other organisation and institutions

President

Dipl. Soz. Päd. Paula Diederichs

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- Involve more people with an academic background to come with their expertise and research to be part of ISPPM e. V. projects
- Initiation of new working-groups in East-Europe (e.g., Turkey, Bulgaria, Romania, Poland)
- Creating the context for cooperation with GAIMH Switzerland, ISPPM Switzerland in order to organise a common international event in 2018
- Initiate international meetings to create new contexts in order that ISPPM e. V. become more visible

Galina Tcyganok, Secretary



Dear colleagues!

It is a great honor for me to be part of the ISPPM and to contribute to the development and dissemination of theoretical and practical knowledge of pre- and perinatal psychology.

My life experiences led me in prenatal psychology, and the activities in this area I experience as "a journey from the darkness to the light". Thus, I mature in the personal and professional sense and derive inspiration from books, communications and observations on the psychology of pre- and perinatal experiences.

I was born in Latvia, but now live with my family in Saint Petersburg. 2008 at the Saint Petersburg State University I first learned from prenatal psychology in the context of attachment research. This topic touched me deeply and led to an independent research. So, I came to the ISPPM.

As a very young member of society I experience the time in the ISPPM as a study of pre-and perinatal psychology and its therapeutic approach. I am delighted to be able to study the contributions in original language and to communicate with experts who would like to share their experiences and give helpful guidance on my area of interest. As a translator in the field of psychology, I would also like to share the acquired knowledge and experience with my colleagues in Russia, so I am working on a project that can realize my vision, so that more and more specialists will get up-to-date information for their practice with expectant mothers and families. Through this activity, I hope to raise interest in the ISPPM by the Russian and possibly also the Baltic experts.

Since January 2017 we also have a **new employee in the office:**

Swen Galster



Dear members of the ISPPM e.V.,
being allowed to assume an active role in the administrative office of the ISPPM e.V. is a great joy and honor for me. I would like to thank you for the trust in me from the first moment of my spontaneous job application in October 2016 in Stolpen.

I would like to express my heartfelt thanks for the warm welcome in the ISPPM.

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In the following I want to introduce myself:

I am 29 years old, married, I have studied psychology and I am living with my family in Idstein/Germany.

During the first pregnancy, my wife and me founded a small establishment for foster children. In summer 2014, two month before my wife gave birth to our son, we welcomed a nine-month-old baby boy to our family. So we have two sons and are living like a "normal" family. We await with great anticipation in spring 2017 the birth of our third child.

Through our work and through dialogue with colleagues we experienced the outstanding importance of early emotional attachment and the good start in life. We also know the serious consequences for babies without these positive experiences. Pregnancy and birth form us in a way like no other period in life. It is wonderful to experience how loving care and bonding at an early age can heal some of the wounds, which are caused by lack of affection and traumatic birth. However, it is our dream, that every baby could unwounded come into the world, of course. Therefore we wish every family such a beautiful pregnancy and natural, wonderful and self-determined birth, as we have witnessed. Our passion is to guide and support families during the bonding-based pregnancy with the goal – if it is possible - of a self-determined birth.

If little people have not had the luck of a dream pregnancy and a dream birth, we would like to support the healing of pre- and perinatal emotional scars.

It is my pleasure to support the work of the ISPPM, because this association is doing a great job and stands for position relating to pre- and perinatal topics that are very close to my heart. I am sure: Together we can achieve great results.

I am looking forward to working for the ISPPM and to working with you!

Affectionate regards,

Swen Galster

From the Extended Board

WG Cultural Psychology

The cultural psychology working group has so far consisted of three persons: Horia Crisan, Klaus Evertz and Ludwig Janus. Their exchange was the background for the conferences organized by Ludwig Janus in Heidelberg: "The Psychology of Mentality Development - From Archaic to Modern Consciousness" 2013; "Responsibility for our Emotions - the Emotional Dimension of Enlightenment" 2015; And the upcoming meeting from 17 to 19 March 2017, see announcement on the website of the

<http://www.psychohistorie.de/>. At this meeting, the last day will be devoted to the theme of the historical dimension of femininity. Therefore it seems sensible to follow the historical references of matriarchal social forms and prenatal psychology. We would therefore like to open the working group and invite interested members of the ISPPM to participate in the cultural psychology group. Mr. Crisan had passed the management of the WG to me this year. Therefore I would like to ask the interested people to contact me by e-mail:

janus.ludwig@gmail.com

Ludwig Janus

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ISPPM Dates

April 8/9, 2017

Meeting of the Extended Board and Scientific Advisory Board
Wiesbaden

October 28/29, 2017

Internal working conference for ISPPM members
Berlin

April 6 - 8, 2018

**Anniversary 2018 - International Cooperation Congress with GAIMH,
Institut Kinderseele Schweiz, ISPPM Switzerland and ISPPM e.V.**
Kreuzlingen, Switzerland

From the Network

9 mesi ed oltre

On the Italian television, a documentary about the work of our former Vice-President Gabriella A. Ferrari, founder and chairman of the Italian organization "9 mesi ed oltre", was broadcast.

We congratulate! Click here for watching online:

<http://www.tv2000.it/blog/2016/10/29/dapprincipio-il-dialogo-prenatale/>

APPPAH

Deadline Extended on 2017 Congress Call for Papers and Proposals

Greetings!

It is a pleasure to invite you to the 20th APPPAH International Congress, which will be held from November 29th through to December 4th 2017 at the San Diego Town and Country Hotel.

Our Congress theme will be "**The Conscious Baby Emerges: Scientific, Medical, Psychosocial, and Somatic Discoveries.**"

At this time, we are accepting live session workshop and poster presentation proposals that reflect current issues associated with next year's International Congress theme.

Topics of interest include:

An understanding of Psychological/Somatic Theory effects on birth

Effects of Society on Birth and Human Development

Exploration of how somatic influences affect the history of birth development

How to heal somatic trauma from birth

A greater understanding of the Neurobiology and somatic issues, and the affects of birth

However, note that you are more than welcome to submit topics for special consideration that are not listed above. Upon reviewing our submissions, we will

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Newsletter January/February 2017

notify you of your acceptance and will request more presentation details, as needed.

The new deadline for presenting authors to submit proposals is **February 15, 2017**. So feel free to submit this ahead of our extension as we will not be accepting any beyond this date.

To submit your papers, please click on the link below and send the completed attachment via email to adminassistant@birthpsychology.com or by fax to (855)-650-8806. Your proposal submission will be eagerly anticipated.

Thank you again

[2017 APPPAH International Congress Call for Proposal](#)

Respectfully submitted,

Danielle Burns, APPPAH Administrative Director and Office Team Members

Winter 2016 issue (31-2) of JOPPPAH

The full contents are available to APPPAH members - abstracts only for non-members or purchase a digital copy of this issue for \$20

<https://birthpsychology.com/journals/volume-31-issue-2>

Interessante Beiträge in englischer Sprache finden Sie auch in der **Online-Zeitschrift „The Conscious Baby“**, die von der APPPAH monatlich herausgegeben wird.

<http://theconsciousbaby.com/>

CEPPs

The CEPPs Founding Partners are delighted to announce the launch of the new CEPPs website and the Mother & Child Manifesto. This is the result of work done since the formation of the Task Force at the UN Commission on the Status of Women (CSW60) in New York in March 2016.

Visit the website: <http://ceppprinciples.org/>

CEPPs Manifesto <http://ceppprinciples.org/the-cepps-manifesto/>

Download pdf [Manifesto](#)

Download pdf [CEPPs Flyer](#)



CEPPs Childhood and Early Parenting Principles

Film project „The Safe Birth“



Tailer [here](#)

Please support the postproduction!
20,000 € still urgently required.

Donations are accepted by the ISPPM e.V.:

GLS Bank

BIC: GENODEM1GLS

IBAN: DE33430609671133475100

[Paypal](#) also possible

Purpose: film "the safe birth"

Warm regards, Carola Hauck

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Briefly

Women's Mental Health and Well-being 5 Years After Receiving or Being Denied an Abortion

A Prospective, Longitudinal Cohort Study

M. Antonia Biggs, PhD1; Ushma D. Upadhyay, PhD, MPH1; Charles E. McCulloch, PhD2; et al Diana G. Foster, PhD1

JAMA Psychiatry. Published online December 14, 2016.

Findings: This longitudinal cohort study observed 956 women semiannually for 5 years. Eight days after seeking an abortion, women who were denied an abortion reported significantly more anxiety symptoms and lower self-esteem and life satisfaction, but similar levels of depression, as women receiving abortions; outcomes improved or remained steady over time.

Meaning: Abortion denial may be initially associated with psychological harm to women and findings do not support restricting abortion on the basis that abortion harms women's mental health.

Abstract: <http://jamanetwork.com/journals/jamapsychiatry/article-abstract/2592320>

Study

Ultrasonographic investigation of human fetus responses to maternal communicative and non-communicative stimuli

GA Ferrari, Y Nicolini, E Demuru, C Tosato, M Hussain... - Frontiers in psychology, 2016

[Articoli correlati](#) - [Tutte e 7 le versioni](#)

Committee Opinion No. 684: Delayed Umbilical Cord Clamping After Birth.

Abstract:

Delayed umbilical cord clamping appears to be beneficial for term and preterm infants. In term infants, delayed umbilical cord clamping increases hemoglobin levels at birth and improves iron stores in the first several months of life, which may have a favorable effect on developmental outcomes. There is a small increase in jaundice that requires phototherapy in this group of infants. Consequently, health care providers adopting delayed umbilical cord clamping in term infants should ensure that mechanisms are in place to monitor for and treat neonatal jaundice. In preterm infants, delayed umbilical cord clamping is associated with significant neonatal benefits, including improved transitional circulation, better establishment of red blood cell volume, decreased need for blood transfusion, and lower incidence of necrotizing enterocolitis and intraventricular hemorrhage. Delayed umbilical cord clamping was not associated with an increased risk of postpartum hemorrhage or increased blood loss at delivery, nor was it associated with a difference in postpartum hemoglobin levels or the need for blood transfusion. Given the benefits to most newborns and concordant with other professional organizations, the American College of Obstetricians and Gynecologists now recommends a delay in umbilical cord clamping in vigorous term and preterm infants for at least 30-60 seconds after birth. The ability to provide delayed umbilical cord clamping may vary among institutions and settings; decisions in those circumstances are best made by the team caring for the mother-infant dyad.

More interesting news from our field you can read on the **ISPPM Facebook site**: <https://www.facebook.com/ISPPM-eV-124066644364106/?ref=bookmarks>

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Report

28th Annual Conference of ISPPM

Bonding creates resilience



At the end of October, the International Society for Pre- and Perinatal Psychology and Medicine (ISPPM) met in Stolpen near Dresden, Germany. This time the focus was on the psychological resistance and how it is related to a good birth.

From 21 to 23 October, around a 100 participants met in the event hall of the "Golden Lion" - including

physical and psychotherapists, naturopaths, educators, doctors and midwives. Some had come from far away, for example from Israel, Turkey, Romania, Poland, Austria, Switzerland, Finland or the Czech Republic.



Sven Hildebrandt handed over the presidency to his successor: Paula Diederichs, a graduate social pedagogue and body psychotherapist from Berlin, by the way the first woman in the history of the ISPPM to preside. "I am committed to women and mothers," Diederichs said, a healthy maternity should be nurtured. In Berlin, where she is at home, the politicians have recognized this too. Diederichs has built up one of Berlin's first "CryBabyAmbulance". The meeting raised the issue of resilience: The ability of the soul to use crises for own development with the help of personal and social resources.

A happy childhood

Dr. Helga Blazy, a psychoanalytic psychologist from Cologne with the main focus on bonding analysis and child analysis, began thinking with a quotation from the Irish writer Frank Mc Court from his novel "The Ashes of my Mother": "Of course I had an unhappy childhood. A happy childhood is hardly worth it. She asked: "Does Resiliency meansto the author that a child should be able to mobilize his or her strengths in order to reach strong relationships, or that he could concentrate the power of his novel that others could find themselves in it?" In her lecture "ISPP and ISPPM on resilience factors in pre-and perinatal topics in society and human sciences" Helga Blazy looked back on the history and development of the ISPPM, which she had belonged to since 1989 and honored personalities who were particularly influential there. Among them, the founder of the society Gustav Hans Graber, a Swiss psychoanalyst. The essays by John Sonne she also recommended to the audience, especially those on survivors of abortion attempts, as this topic has been largely concealed.

Psyche and touch

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On "Bonding and birth in the transgenerational context; birth as a resilience factor of psychosomatic and psychosocial health of mother and child" talked Prof. Dr. Barbara Maier, head of the department of gynecology and obstetrics of the Wilhelminenspital, the second largest obstetric clinic in Vienna. It is a level 1 clinic for high-end obstetrics. Since 1986, she has been active in obstetrics and



has always linked this area to philosophy and psychotherapy. The original drama is to be born and dependent on others. "There is a "Birth forgetfulness" in our disciplines," she said. Once a year in Christmas time, we remember again. Pregnancy and childbirth, the child and also his prenatal time had been pushed to the brink of our life. In the case of developments such as guidelines on vaginal delivery and caesarean section, there should be a social participation. "We need social criticism," she said. Even in questions such as "What is Psyche?" answers are unilaterally defined by experts with ideas and attributions from the adult world, she complained: "Where is the prenatal time?"

Dr. Mehdi Djalali, a doctor from Düsseldorf, spoke of "Haptonomy in Obstetrics". Already at the preconference workshop the day before, the participants had the opportunity to be introduced into haptonomy. This particular method of leading parents to an affective touch and an inner connection with their child was developed by the Dutch physician Frans Veldman (1921-2010) and has been refined and spread over decades. According to his clinical experience of more than 250 haptonomically accompanied pregnancies and birth, he is convinced that this method is the best prerequisite for the child and his parents to have a positive experience of pregnancy and childbirth and to enable the mother and child to determine the course of birth as autonomously as possible and without help from outside. Thus, as a matter of course, a loving bond between mother, father and child could develop - the foundation for physical and mental health in the family.

Only two to three per cent of the mothers who were treated by Djalali had received a cesarean cut, none a forceps or vacuum extractions. He vehemently criticized how women nowadays were put into dependency by gynecologists during their pregnancy. At birth, under labor, however, they too often would have no help. Djalali argued that midwives should be trained haptonomically - also for their affective presence. Many women radiate loneliness during their birth. And solitude is also a problem for the child at birth. Without haptonomic accompaniment, many children lack the urgently needed contact.

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Events Diary

Congresses and conferences

19 – 22 January 2017

2nd World Congress on Recurrent Pregnancy Loss (WCRPL 2017)

Cannes, France

<http://www.wcrpl.com/>

2 – 5 February 2017

Human Rights in Childbirth: India Conference

Mumbai, India

humanrightsinchildbirth.com/india-conference/

24/25 February 2017

14th NATIONAL CONGRESS OF THE HSPPPM, Hungarian Society of
Pre- and Perinatal Psychology and Medicine

**Human life inception: the ways of conception, fertility, difficulty,
assisted reproduction, and their implications**

Budapest, Hungary

15 March 2017

Congres: Focus op hechting vanaf conceptie

Rotterdam

<http://www.pre-en-perinataalbewustzijn.nl/trainingen-cursussen/>

September 22 –24 2017

International Stillbirth Alliance Conference

University College Cork, Ireland

isacork2017.com

November 29 – December 4, 2017

20th APPPAH International Congress

**The Conscious Baby Emerges: Scientific, Medical, Psycho-Social, and
Somatic Discoveries**

San Diego

[Call for papers](#)

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Further Education

In Germany:

Education in Bonding Analysis

With Dr. Helga Blazy and Hannelore Dehne

In Cologne, beginning March 2017

There are still some free places. Interested parties please contact us

Helga Blazy: nc-blazyhe@netcologne.de

Foundation Course

With Max Peschek and Team in Parin (at the Baltic sea):

21 - 28 April 2017 (to 2020)

More Information: www.ippe.info/courses/intermediate_course.html

Information and registration: Max Peschek, peschek.max@t-online.de,

+49 (0)421 7 3210

In Austria:

Body / trauma therapy with babies

With: Rien Verdult

In Innsbruck

Dates:

16-19 March 2017

08-11 June 2017

14 - 17 September 2017

23 - 26 November 2017

Information about the content: Rien Verdult, rien.verdult@skynet.be

Registration: Mag.a Ulrike Gritsch, praxis@psychotherapie-kbt.at

Tel: + 43 699 109 88 404

In England:

Integrative Baby Therapy Training

With Matthew Appleton & Jenni Meyer

An in-depth training designed for people already working with babies and children. Previous participants have included midwives, doulas, craniosacral therapists, osteopaths, paediatricians, paediatric nurses, lactation consultants, massage therapists, body psychotherapists, psychologists and ante-natal yoga teachers. The course consists of 6 modules, each 3 days long, and spread over 18 months. It is grounded in the practicalities of working with parents and their babies and aimed at developing the confidence and skills to identify and help resolve prenatal and birth trauma.

Next training begins in April 2017

More information:

<http://www.conscious-embodiment.co.uk/courses/integrative-baby-therapy-training>

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Workshops/Seminars

In Germany:

Workshop

Brokenhearted Before and After Birth: Spiritual and Psychological Healing

With William Emerson

During the prenatal and preconception periods there are certain Emerson Stages that create a life-long template for brokenheartedness.

If this wounding is not treated, broken-heartedness recapitulates in life physically, psychologically, and/or spiritually. In this workshop, Dr. Emerson will lead spiritual-based regressions called egressions, and will also lead exercises to deepen bonding, the basic reconstructive aspect of healing. Common outcomes of the workshop are increased intimacy with self and higher self, and relationships.

April 20-25, 2017 in Lienen

More information and registration: Dipl.-Psych. Margret Overdick,

E-mail: m.overdick@web.de, Tel: 0049 251 260225

<http://emersonbirthrx.com/>

In Switzerland:

The Art of the Tryptic

12 - 17 November 2016, Seminarhotel Wasserfallen near Basel

Information: http://www.ippe.info/courses/embodiment_hourglass_classes.html

Registration: Max Peschek, peschek.max@t-online.de, +49 (0)421 7 3210

Baby Clinic with Karton Terry

19/20 November 2016 in Basel

<http://www.isppm.ch/programm/karnton-terry/>

In the Netherlands:

Emotional First Aid

With Thomas Harms

5 April 2017

Een éendaagse Engelstalige workshop van de Duitse psycholoog en lichaamspsychotherapeut Thomas Harms. In deze workshop worden vaardigheden aangeboden om ouders en kinderen te helpen, zodat trauma gerelateerd gedrag kan worden omgezet in een relationele verbinding.

Contact: Yvonne Welling, info@pre-en-perinataalbewustzijn.nl,

+31 (0) 6 – 233 946 88

<http://www.pre-en-perinataalbewustzijn.nl/trainingen-cursussen/>

Prenatal and Birth Process

With Matthew Appleton and Jenni Meyer

09-11 June 2017

Contact: Yvonne Welling, info@pre-en-perinataalbewustzijn.nl,

+31 (0) 6 – 233 946 88

<http://www.pre-en-perinataalbewustzijn.nl/trainingen-cursussen/>

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In Belgium:

"Healing from the very beginning"

Pre- and Perinatal Psychotherapy

With Max Peschek (IPPE), Assistants: Sylvie Geerdens and Marleen Dols

The course will be held in English. Translation in German and Dutch is possible.

Information: Marleen Dols, marleendols@online.nl

Website: <http://www.birthimprints.com>

In Austria:

Wow Babies tell their stories

Workshop with Dr. Ray Castellino

Insights into the pre- and perinatal world of somatic psychology

1 - 4 July 2017 in Vienna

English with simultaneous translation in German

In this workshop, Ray Castellino presents the core elements of his work with families and babies. They gain new insights into the pre- and perinatal world of somatic psychology as well as into pre-verbal time.

Registration: schule@herrgesell.at

In Slovenia:

Self-Experiential Workshop "Journey to one's own pregnancy, childbirth and early childhood"

(Body psychotherapy according to Franz Renggli)

with Michaela Mardonovic and Michael Josef Egarter

Location: Horus Center Ljubljana

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Reading Tips

Anger: A Sense of Belonging and Individualisation

by Jon R G Turner and Troya G N Turner

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<http://iahip.org/inside-out/issue-64-summer-2011/anger-a-sense-of-belonging-and-individualization>

RENAISSANCE OF PARENTHOOD

By Prof. Grigori I. Brekhman, M.D, Ph.D. D.Sc.

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http://www.brekhman.iri-as.org/stat_e/brekhm_parenthood-revival-e.pdf



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